

The Yama Yoga Update



Featured Classes 7 pm at Garvey's

Experience mixed levels 90 minute classes focused on the range of flow forms. Open to anyone ready for a challenge our featured 7 pm Garvey's classes offer energetic and intelligent sequences to build stamina, fitness and a deep sense of well being.

Jivamukti Yoga with Patrizia

Jivamukti Yoga is a physical, and deeply creative practice, combining a vigorous [vinyasa](#) style with music, meditation and deep relaxation. Drop in class open to mixed levels. (Duration:

Dear Yama Yogis:

In addition to the 50 plus classes we offer a week Yama Yoga will be hosting an array of workshops over the next few weeks including International Workshops on Iyengar Yoga, Anusara Yoga and Acro Yoga as well as programs with our own talented Doha-based teachers. We have listed the information below. Please see our website for details

(<http://www.yamayogastudios.com>) or contact us on yamayogastudios@gmail.com for details.

Our very best wishes and Eide Mubarak.

The Yama Yoga team

First Degree Reiki Course: Learn this technique for stress reduction, relaxation and healing from our resident Reiki and Do-In Master, Cedo Zovko.

Friday, November 11th & Saturday, November 12th
1:30pm-8:30pm

Workshop QR1000

Baby Massage: 4 week course starts November 17th.
Thursdays 10 am - 11:30 am. Great for bonding, relaxation and relief.

75 minutes)

Power Yoga with Lana

Power yoga is a vigorous, fitness-based approach to yoga and does not follow a set series of poses. Therefore, any power yoga class can vary widely from the next. What they all have in common is an emphasis on strength and flexibility. This class is open to mixed level and those wanting to be pushed to the limits.

Ashtanga Yoga with Carl

This classical form of yoga is taught in the traditional sequence that was created by its founder K. Pattabhi Jois. It combines power and flexibility with movement, bandhas and breath to produce an energetic and detoxifying practice. This class is open for mixed levels, those who are focused and looking for a vigorous practice.

Vinyasa Yoga with Susan

Vinyasa literally translates as *flow with breath*. It is a flowing, dynamic form of yoga, connected to breath so transitions are embodied as linkages within and between poses. This class is for mixed levels or those who are ready for a challenge.

Mindfulness Refresher Course: For students who have completed a Mindfulness Course. Details to be announced.

Azita Dudfur Iyengar Yoga Workshop. Iyengar is a very detailed oriented approach to yoga that focuses on alignment, form and therapy. The workshop is open to all levels.

November, 18th and 19th

-Session 1: 12:30pm-2:30pm

-Session 2: 3:30pm-5:00pm

*Please plan to attend the entire workshop as the sessions will be sequential.

Anusara Yoga with Bridgit Woods Kramer. Known Internationally as Britain's most senior Anusara Yoga teacher Bridget Woods Kramer will share her dynamic style and alignment focus with us.

December 3rd. Open to all levels.

-Session 1 - 7 am - 9:30 am

-Session 2 - 2:00 pm - 4:30 pm

Each class is QR 200 or taken together is QR 350.

Acro yoga with Julia Muller and Pascal Weis. Acro yoga combines the spiritual wisdom of yoga, the loving kindness of Thai massage, and the dynamic power of Acrobatics. These three ancient lineages form a practice that cultivates trust, connection and playfulness. Open to all levels.

Dec. 8: 6:30 - 9 pm

Dec 9: 12:30 - 2:30 and 3:00 - 5:00 pm

Dec 10: 12:30 - 2:30 and 3:00 - 5:00 pm

QR 700 for the whole workshop or QR 200 for individual classes.

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For local Enquiries please call

661-758-02

Practice and all is coming

Sri Pattabi Jois

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